

What is claimed is:

1. A method of shaping a dental product, comprising:
shaping a light curable polymerizable composition into of a dental product, said light curable polymerizable composition being adapted to form polymeric material, said polymeric material having a flexural modulus of less than 250,000 psi and a flexural strength of less than 7,000 psi at 37°C.
2. The method of claim 1 wherein said light curable polymerizable composition is partially cured in a mouth of a patient and partially cured in a light curing apparatus.
3. The method of claim 1 wherein a first portion of said light curable polymerizable composition is at least partially cured in a mouth of a patient and a second portion of said light curable polymerizable composition is at least partially cured in a light curing apparatus.
4. The method of claim 1 wherein said light curable polymerizable composition effectively requires application of more than 0.001 psi of pressure to said composition to force said composition to flow, and said composition is moldable by a pressure of at least 1 psi.
5. The method of claim 1 wherein said dental product is a night guard or splint.

6. The method of claim 1 wherein said flexural modulus of said polymeric material and said flexural strength of said polymeric material are at least 20 percent less at 37°C than at 23°C.
7. The method of claim 1 wherein said flexural modulus of said polymeric material and said flexural strength of said polymeric material are at least 50 percent less at 37°C than at 23°C.
8. The method of claim 1 wherein said flexural modulus of said polymeric material and said flexural strength of said polymeric material are at least 70 percent less at 37°C than at 23°C.
9. The method of claim 1 wherein said polymeric material has a flexural modulus at 37°C of less than 100,000 psi and a flexural strength at 37°C of less than 5,000 psi.
10. The method of claim 1 wherein said polymeric material at 37°C has a flexural modulus of less than 60,000 psi and a flexural strength of less than 3,000 psi.
11. The method of claim 1 wherein said polymeric material at 37°C has a flexural modulus of less than 40,000 psi and a flexural strength of less than 2,000 psi.
12. The method of claim 1 wherein said polymeric material has a compliance of at least 1×10^{-5} in²/pound.

13. A method of shaping a dental product, comprising:
shaping a light curable polymerizable composition to form a dental product, light curing said light curable polymerizable composition being adapted to form polymeric material having a flexural modulus of less than 250,000 psi and a flexural strength of less than 9,000 psi at 23°C.

14. The method of claim 13 wherein said flexural modulus of said polymeric material and said flexural strength of said polymeric material are at least 70 percent less at 37°C than at 23°C.

15. The method of claim 13 wherein said polymeric material at 37°C has a flexural modulus of less than 100,000 psi and a flexural strength of less than 3,000 psi.

16. The method of claim 13 wherein said polymeric material at 37°C has a flexural modulus of less than 80,000 psi and a flexural strength of less than 2,000 psi.

17. A method of shaping a dental product, comprising:
shaping a light curable polymerizable composition to form a dental product, said light curable polymerizable composition being adapted to form polymeric material having a Flexural modulus of less than 250,000 psi and a flexural strength of less than 8,000 psi at 37°C,

said dental product being selected from the group consisting of night guard and splint.

18. The method of claim 17 wherein said Flexural modulus of said polymeric material and said Flexural strength of said polymeric material are at least 20 percent less at 37°C than at 23°C.

19. The method of claim 18 wherein said flexural modulus of said polymeric material and said flexural strength of said polymeric material are at least 50 percent less at 37°C than at 23°C.

20. The method of claim 18 wherein said flexural modulus of said polymeric material and said flexural strength of said polymeric material are at least 70 percent less at 37°C than at 23°C.

21. The method of claim 18 wherein said polymeric material has a flexural modulus at 37°C of less than 100,000 psi and a flexural strength at 37°C of less than 5,000 psi.

22. The method of claim 18 wherein said polymeric material at 37°C has a flexural modulus of less than 60,000 psi and a flexural strength of less than 3,000 psi.

23. The method of claim 17 wherein said light curable polymerizable composition is partially cured in a mouth of a patient and partially cured in a light curing apparatus.

24. The method of claim 17 wherein a first portion of said light curable polymerizable composition is at least partially cured in a mouth of a patient and a second portion of said light curable polymerizable composition is at least partially cured in a light curing apparatus.